



Pregnancy & Parenting Resource Guide

For Pregnant Women and
Families With Young Children



The Greater Charlottesville
Improving Pregnancy Outcomes
WORKGROUP



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Family Planning



Charlottesville Medical Center for Women

2321 Commonwealth Drive
Charlottesville, VA 22901
434-973-4888

www.richmondmedctrforwomen.com/welcome.html

Pregnancy testing, ultrasound for pregnancy dating, family planning (contraception), options counseling, and abortion services.

Serves: All women

Languages: English

Fee: Pregnancy testing is free. Other services have fees. There may be funding available from outside agencies to help cover costs. Call to determine if your insurance covers services. Accepts Medicaid for birth control needs. \$100 ultrasound for pregnancy dating.

Planned Parenthood South Atlantic (PPSAT)

2964 Hydraulic Drive
Charlottesville, VA 22901
434-296-1000

www.ppsat.org

Services include cancer screenings, breast health care, well-woman exams, STD prevention and treatment, birth control, and abortion care.

Serves: All women

Languages: Interpreter services available for clients who have limited English proficiency.

Fee: Accepts most insurance including Medicaid, insurance not required, financial assistance available.

The Pregnancy Centers of Central Virginia

320 West Main Street
Charlottesville, VA 22903
1416 Greenbrier Place

Charlottesville, VA 22901
434-979-8888

Pregnancy testing with results during visit; maternity & baby clothing; parenting, breastfeeding & childbirth classes; and limited ultrasound services.

Serves: Teens and women

Languages: English, Spanish

Fee: Free



Prenatal Care



The following medical providers offer prenatal, delivery, and postpartum care services. Unique features, if applicable, are listed in the “Notes”. All providers listed accept Medicaid and most accept private health insurance.

Blue Ridge Medical Center (BRMC)

4038 Thomas Nelson Highway
Arrington, Virginia 22922

434-263-4000
<http://www.brmedical.org/>

Serves: Residents of Nelson County

Languages: Services offered in Spanish with medical interpreters on site and one provider who speaks fluent Spanish.

Fee: Sliding fee scale for individuals living at or below 200% of the Federal Poverty Level.

Note: Primary, dental, and prenatal care and pharmacy services offered. Prenatal care is provided up to 36 weeks. Patient care is then transferred to UVA or other providers of choice for final weeks of pregnancy, labor, and delivery.

Health & Wellness Center of Louisa (Central Virginia Health Services)

115 Jefferson Hwy
Suite 9
Louisa, VA 23093

540-967-9401
<http://www.cvhsinc.org/locations/hwcl>

Languages: Live interpreter or Cyracom phone interpreter

Fee: Sliding-scale discount available, including those with and without insurance; most insurance plans accepted including Medicaid, Medicare, and Tricare

Note: Prenatal care clinic on Thursdays with OB and/or midwife that are UVA affiliated. Delivery at UVA.

Nine Moons Midwifery

229 Douglas Avenue
Charlottesville, VA 22902

434-987-1257
www.ninemoonsmidwifery.com

Languages: English, Cantonese

Fee: Medicaid accepted

Note: Care provided by Certified Professional Midwife (CPM). In home labor and delivery.

Neighborhood Family Health Center (Central Virginia Health Services)

901 Preston Avenue
Charlottesville, VA 22903

434-227-5624
www.cvhsinc.org

Languages: Interpreter phone service available for many languages.

Fee: Sliding-scale discount available, including those with and without insurance; most insurance plans accepted including Medicaid, Medicare, and Tricare.

Note: Primary, dental, and psychological care for adults and children; prenatal care up to 24+ weeks, and postpartum care, and pharmacy services.

Obstetrics & Gynecology Associates

1101 East Jefferson Street
Charlottesville, VA 22902

434-979-2121
www.obgynassociatescville.com

Languages: English, Russian

Fee: Most insurance accepted including Medicaid and Medicare.

University Physicians for Women Northridge

UVA Medical Park Northridge
Third Floor, 2955 Ivy Road,
Charlottesville, VA 22903

434-243-4570
<https://uvahealth.com/locations/profile/university-physicians-for-women-northridge>

Languages: English, interpreter or cyracom phone interpretation

Fee: Accepts most insurance including Medicaid.

Prenatal Care (cont.)



UVA Family Medicine

1221 Lee Street
Charlottesville, VA 22908

434-924-5348
<https://uvahealth.com/locations/profile/family-medicine>

Languages: English, Spanish, Nepali, Arabic, Russian, French, Dari

Fee: Accepts most insurance including Medicaid.

UVA Midwifery Services

1215 Lee Street
Charlottesville, VA 22908

434-924-2500
<https://uvahealth.com/locations/profile/midwifery-battle-building>

Languages: Interpreter or CyraCom phone interpreter

Fee: Accepts most insurance including Medicaid.

Note: Care provided by Certified Nurse Midwives (CNM).

UVA Obstetrics and Gynecology

1215 Lee Street
Charlottesville, VA 22908

434-243-3675
<https://uvahealth.com/services/pregnancy-birth>

Languages: Live interpreter or CyraCom phone interpreter

Fee: Accepts most insurance including Medicaid.



UVA Small Group Pregnancy Care

Trinity Episcopal Church
1118 Preston Avenue
Charlottesville, VA 22901

434-924-2500
<https://uvahealth.com/services/pregnancy-birth>

Languages: English

Fee: Accepts most insurance including Medicaid.

Note: Care provided by UVA Midwifery Services

UVA Teen and Young Adult Health Center

The Battle Building
University of Virginia Children's
Hospital
1204 West Main Street,
Charlottesville, VA 22903

434-982-0090
<https://uvateenhealth.com>

Languages: English, translators available for all languages

Fee: Fee for services. All insurances accepted. Sliding scale available upon completion of a UVA patient financial services screening.

Note: For those 12 to 26 years old

Winding River Birth Center

330 Winding River Lane
Charlottesville, VA 22911

434-533-0543
www.windingriverbirthcenter.com

Languages: English, willing to find interpreters as needed

Fee: Accepts Medicaid

Note: Care provided by Certified Professional Midwives (CPM). Prenatal care and delivery at the birth center or in the home.



Education & Support



Charlottesville Doulas

Website only
www.cvilledoulas.com

Pregnancy, labor & delivery, and postpartum doula support.

Serves: Pregnant women and women in the first 3 months postpartum.

Languages: English, Spanish

Fee: Each doula has a separate/individual fee for services. Some will

Planned Parenthood South Atlantic (PPSAT)

2964 Hydraulic Road
Charlottesville, VA 22901
434-296-1000
www.ppsat.org

Programs for middle and high school students include Making Proud Choices, Health Improvement Project, Smart Girls, Get Real, and Reducing the Risk. Parent Workshops are also available.

Serves: We have programs for all ages, but the primary focus is on youth ages 14-18.

Languages: Interpreter service for clients who have limited English proficiency.

Fee: Free



Sentara Martha Jefferson Hospital Maternity Education

500 Martha Jefferson Drive
Charlottesville, VA 22911

Sign-up for classes online at
[https://www.sentara.com/
charlottesville-virginia/
classesevents.aspx](https://www.sentara.com/charlottesville-virginia/classesevents.aspx); or call 1-800-
SENTARA (1-800-736-8272)

A variety of childbirth classes to get you and your partner ready for the birth of your new baby. SMJH prenatal childbirth classes include: Preparation for Childbirth - 6 Week or 2 Day sessions; Understanding Birth – eClass; Breastfeeding Classes; Tour for Expectant Parents; Sibling Class for 4-7 year olds; and Family and Friends CPR.

Serves: All ages that are pregnant and up to 6 months postpartum

Languages: English only

Fee: Most classes are free or fee can be waived if there's a financial hardship.

Sentara Martha Jefferson Hospital OB Case Management

500 Martha Jefferson Drive
Charlottesville, VA 22911
434-654-4413

[www.sentara.com/charlottesville-
virginia/hospitalslocations/
locations/martha-jefferson-
hospital.aspx](http://www.sentara.com/charlottesville-virginia/hospitalslocations/locations/martha-jefferson-hospital.aspx)

For expectant mothers in need of extra support before or during her hospital stay. Referral reasons include being 18 years of age or younger, known fetal anomalies, multiple gestation, history of post partum depression, suspected or known abuse, incarcerated, substance abuse, maternal infections, BMI of 45 or higher, diabetes, non-compliance, nutrition concerns, history of mental illness, previous loss, previous preterm infant, social issues, hemolytic disease, hypertension, concerns regarding birth plan, or adoption. Referrals are made by anyone.

Serves: Expectant families

Languages: English, Spanish

Fee: Free

Education & Support (cont.)



Sisters Keeper Doula Collective

434-207-2047

www.sisterskeepersdoulas.org

Pregnancy, labor and delivery, and postpartum support for women of color.

Serves: Pregnant women of color

Languages: English, Spanish

Fee: Free

UVA Prenatal Education

1215 Lee Street

Charlottesville, VA 22908

434-924-9920

<https://uvahealth.com/services/pregnancy-birth/prenatal-classes>

Classes to support you through your pregnancy and help you prepare for the birth of your baby and parenthood. Classes include: Preparing for Birth and Baby (5 part series); One day Childbirth Quick Class; Breastfeeding Basics; Newborn Care Class; Becoming a Working Mom; Sibling Class; and Grandparent Class.

Serves: Women and their families

Languages: English, Spanish

Fee: Free



ReadyKids—Real Dads

1000 East High Street
Charlottesville, VA 22902
434-296-4118, ext 227
[http://www.readykidscville.org/
what-we-do/about-family-
support/real-dads/](http://www.readykidscville.org/what-we-do/about-family-support/real-dads/)

The **Real Dads** program helps fathers reconnect with their children, learn skills to improve relationships with family members, and participate in open dialogue with other fathers.

Serves: Dads in Charlottesville and Albemarle

Languages: English only

Fee: Free

ReadyKids—ReadySteps Play Groups

1000 East High Street
Charlottesville, VA 22902
434-296-4118
[http://www.readykidscville.org/
readysteps/](http://www.readykidscville.org/readysteps/)

ReadySteps creates a preschool-like experience for kids. Groups include activities like songs, arts and crafts, imaginative play, and literacy circles. These activities help build vocabulary, get ready for school, explore their surroundings, and make new friends. ReadySteps provides parents with a peer support system and connects families to community resources. Contact ReadyKids for schedule and playgroup locations.

Serves: All local families living in select neighborhoods of Charlottesville and Albemarle. Parents/caregivers and their children ages infant to 5 years old (and their older siblings).

Languages: English, Spanish

Fee: Free

Breastfeeding & Nutrition



Breastfeeding Support Cville

434-373-0606

www.breastfeedingsupportcville.com

Offers two weekly breastfeeding support groups:

Wednesdays 11:30-12:30

at Northside Library, Rio Rd.

Fridays 12:30-1:30

at Bend Yoga, Downtown Mall.

Serves: All moms that need breastfeeding assistance

Languages: English only

Fee: Free

Cville Lactation

434-962-7414

www.cvillelactation.com

Breastfeeding education and support.

Serves: All moms that need breastfeeding assistance

Languages: English only

Fee: Free services through The Pregnancy Center on Main Street. Otherwise fee for service. Accepts Aetna insurance. Sliding scale available.



La Leche League of Charlottesville (LLL of Charlottesville)

434-214-0620

www.lllcville.blogspot.com

Mother-to-mother support, education, and encouragement for breastfeeding mothers and mothers-to-be through twice-monthly meetings and telephone support. Works with other lactation resources and provides support from before baby's birth through weaning, whether that's at three weeks or three years.

Serves: Mothers and pregnant women living in the City of Charlottesville and Albemarle, Fluvanna, Greene, Louisa, and Nelson counties.

Languages: Meetings are held in English. One leader speaks Spanish and may be able to return phone calls.

Fee: Free

Sentara Martha Jefferson Hospital Breastfeeding Classes

SMJH Outpatient Care Center
Morris Community Education
Room, 3rd Floor
595 Martha Jefferson Drive
Charlottesville, VA 22911
1-800-736-8272
www.sentara.com/charlottesville-virginia/classesevents.aspx

Lactation Consultants prepare you to successfully breastfeed with information on correct latch, positioning, pumping, and much more. The father/support person is encouraged to attend.

Serves: All moms/families that want to learn about breastfeeding

Languages: English only

Fee: Free, registration required

Breastfeeding & Nutrition (cont.)



Sentara Martha Jefferson Hospital Lactation Services

500 Martha Jefferson Drive
3rd Floor, Family Birthing Center
Charlottesville, VA 22911
434-654-8440

Martha Jefferson Lactation Services offers 7 days a week from 8am to 4pm for both inpatient and outpatient visits. Outpatient visits by appointment only. We provide evidence-based breastfeeding support and education.

Serves: All families that need assistance with breastfeeding

Languages: English

Fee: We do not bill your insurance directly but will provide you with a receipt to submit to your insurance company. We do not charge for phone calls for breastfeeding advice.

UVA Breastfeeding Medicine Program

1215 Lee Street
PO Box 801429
Charlottesville, VA, 22908
434-982-3316
www.uvahealth.com/breastfeeding

Breastfeeding education, personalized care, and support to address common challenges to breastfeeding. Services provided by pediatricians and lactation consultants. Breast pumps available through insurance plans.

Serves: All families with breastfeeding goals, both prenatally and with baby anytime during baby's breastfeeding lifetime

Languages: In-person interpreter or phone service interpreter for all languages other than English

Fee: Accepts all insurance including Medicaid

Women, Infants, and Children (WIC)

1138 Rose Hill Drive
Charlottesville, VA 22903
434-972-6200
www.vdh.virginia.gov/wic

Food vouchers, nutrition education, breastfeeding support.

Serves: Pregnant and postpartum women, children less than 5 years old—income requirements

Languages: English, Spanish, Nepali, Arabic, Russian, French, Dari

Fee: Free

SMJH Martha's Market Place - The Lactation Corner

500 Martha Jefferson Drive
3rd Floor, Main lobby
Charlottesville, VA 22911
434-654-7042
www.sentara.com/charlottesville-virginia/hospitalslocations/locations/martha-jefferson-hospital/visitor-information/marketplace.aspx

Hospital gift shop selling a variety of lactation supplies including Bravado and Medela nursing bras; Ameda breast pumps for rent and sale; pump kits and other Ameda breastfeeding supplies; plus many more items for moms and babies. Hours: Monday - Friday: 8 a.m. - 6:30 p.m.; Saturday and Sunday: 11 a.m. - 3 p.m.

Serves: Open to the general public

Languages: English



Wellness & Safety



Charlottesville/Albemarle Health Department

1138 Rose Hill Drive
Charlottesville VA 22903
434-972-6247
www.TJHD.org

Car seat education program. Free car seats available to families who qualify.

Serves: Parents with children between the ages of 0-13

Languages: English, Nepali, Arabic, Russian, French, Dari—additional language interpretation available

Fee: Free

Common Ground Healing Arts

233 4th Street NW, Suite 219
Charlottesville, VA 22902
434-218-7677
www.commongroundcville.org

Massage, Yoga, Community Acupuncture and Meditation on a Pay-What-You-Can basis (within a pre-specified range).

Serves: Adults—children may receive services after checking with the office first

Languages: English only

Fee: Meditation is on a donation basis. Massage, Yoga, and Community Acupuncture are on a Pay-What-You-Can basis (within a pre-specified range).

Quit Now Virginia

1-800-QUIT NOW
1-855-335-3569
TTY 1-877-777-6534
www.quitnow.net/virginia/

Provides FREE expert counseling from trained Quit Coaches, a personalized quit plan, and self-help materials. Available 24 /7, no limits to the number of calls.

Serves: All

Languages: English, Spanish, translation services for other languages

Fee: Free

Region Ten Project Link

Peterson Health Center
800 Preston Avenue
Charlottesville, VA 22903
434-972-1800
regionten.org/service/project-link

Case management for women who are pregnant or parenting small children and abusing drugs or alcohol. Provides support, treatment, advocacy, and referrals as well as transportation, rental assistance, and help using community resources.

Serves: Adult women who are pregnant and/or parenting young children who also have a substance use disorder

Languages: English

Fee: Medicaid, third party payers, and/or no fee for services

Sentara Martha Jefferson Hospital

500 Martha Jefferson Drive
Charlottesville, VA 22911
434-654-4415
<https://www.sentara.com/charlottesville-virginia/classesevents.aspx>

CPR for family and friends of those with infants and small children.

Serves: Open to the general public

Languages: English only

Fee: \$20

Sexual Assault Resource Agency (SARA)

335 Greenbrier Drive, Suite 102
Charlottesville, VA, 22901
434-295-7279 x 123
www.saracville.org

Support services for individuals who have experienced, or care for someone who has experienced any kind of sexual violence including rape, sexual assault, sexual abuse, sexual molestation, incest, sex trafficking, stalking, sexual harassment, or unwanted touching.

Serves: All

Languages: English, Spanish

Fee: Free

Wellness & Safety (cont.)



Shelter for Help in Emergency

1415 Sachem Place, Suite 101
Charlottesville, VA 22901
www.shelterforhelpinemergency.org

Offers a 24-hour crisis hotline, emergency residential shelter, individual & group counseling, and services to the Spanish-speaking community.

Serves: Our services are open to anyone experiencing domestic violence or who believes they are in an unsafe and abusive relationship.

Languages: English, Spanish

Fee: Free

Thomas Jefferson Health District Safe Sleep Program

1138 Rose Hill Drive
Charlottesville VA 22903
434-972-6247
www.vdh.virginia.gov/thomas-jefferson/community-health-programs/#CharlottesvilleAreaSafeSleepProgram

Community effort to educate parents and caregivers on importance of safe sleep for infants.

Serves: Pregnant women/teens or mothers of infants under 6 months of age

Languages: English, Spanish

Fee: Free to eligible clients



United Way - Thomas Jefferson Area

806 East High Street
Charlottesville, VA 22902
434 972-1701

www.unitedwaytja.org

Serves: Uninsured adults.

Languages: English, Spanish

Fee: Free

Medication prescriptions for chronic conditions for uninsured adults. Includes eyeglasses.

Mental Health



Help Happens Here

434-227-0641

www.HelpHappensHere.org

A website and referral line to provide residents with help recognizing mental health and substance abuse issues and for finding free or affordable services.

Serves: Everyone

Languages: English

Fee: Free



Mental Health (cont.)



Region Ten

800 Preston Avenue
Charlottesville, VA 22903
434-972-1800 or 1-866-694-1605
<http://regionten.org/services/>

Individual counseling, emergency counseling, and other mental health services. Crisis services are available 24 hours a day, 7 days a week, 365 days a year for any individual experiencing mental health crisis, regardless of age, ability, diagnosis, or any other factors.

Serves: All

Languages: English, Spanish

Fee: Fee for service—sliding scale offered

The Women's Initiative

1101 East High Street
Charlottesville, VA 22902
434-872-0047
www.thewomensinitiative.org

Individual counseling, clinical support groups, social support groups.

Serves: Women (or those who identify as women) ages 18 and older

Languages: English and Spanish with access to many languages via interpretation

Fee: Fees are minimal and assessed on an individual basis using a

Home Visiting Programs



Jefferson Area Children's Health Improvement Program (CHIP)

Main Office:

1469 Greenbrier Place

Charlottesville, VA 22901

434-964-4700 Fax 434-964-4774

Downtown Office:

901 Preston Avenue, Suite 101

Charlottesville, VA 22903

434-284-7172 Fax 434-202-0385

www.jachip.org

Home visiting health services provided by RNs: assessment/screening; health, parenting, and child development education; support groups; and referrals.

Serves: Residents of the City of Charlottesville and Albemarle, Fluvanna, and Louisa Counties; children from 0 to 6 years old and their parent(s) or caregiver(s); those who are eligible for Medicaid, FAMIS or FAMIS Plus, or who are unable to get private health insurance

Languages: English, Spanish, and additional languages with in-person interpretation whenever possible; phone translator service also available

Fee: Free



Home Visiting Programs (cont.)



Fluvanna County CHIP

Zion Crossroads Professional Park,
Building 1
5578 Richmond Road
Troy, VA 22974
434-589-0927/Fax 540-967-2765

Home visiting health services provided by RNs: assessment/screening; health, parenting, and child development education; support groups; and referrals.

Serves: Fluvanna County pregnant teens and pregnant women; children from 0 to 6 years old and their parent(s) or caregiver(s); those who are eligible for Medicaid, FAMIS or FAMIS Plus, or who are unable to get private health insurance

Languages: English, Spanish, and additional languages with in-person interpretation whenever possible; phone translator service also available

Fee: Free

Louisa County CHIP

Zion Crossroads Professional Park,
Building 1
5578 Richmond Road
Troy, VA 22974
540-967-1760
Fax 540-967-2765
www.jachip.org

Home visiting health services provided by RNs: assessment/screening; health, parenting, and child development education; support groups; and referrals.

Serves: Louisa County pregnant teens and pregnant women; children from 0 to 6 years old and their parent(s) or caregiver(s); those who are eligible for Medicaid, FAMIS or FAMIS Plus, or who are unable to get private health insurance

Languages: English, Spanish, and additional languages with in-person interpretation whenever possible; phone translator service also available

Fee: Free

READYKIDS

1000 E. High Street
Charlottesville, VA 22902
434-296-4118
www.readykidscville.org

The **Healthy Families** program helps pregnant moms and parents of young children develop healthy family relationships and a safe, enriching home environment. Program provides basic baby items, such as diapers; answers questions and provides solutions; provides support; brings services to parents in the comfort of their own home; and connects parents with resources.

Serves: Pregnant women and parents of children age 0-5 — parents must enroll prior to their child turning 3 months old

Languages: English, Spanish, Dari, Farsi, Hindi, Urdu

Fee: All services are free. Proof of citizenship or any form of identification not required.

Transportation



Charlottesville Area Transit (CAT)

615 East Water Street
Charlottesville, VA 22902
434-970-3649
www.CatchTheCAT.org

Charlottesville area bus service and free trolley.

Serves: Albemarle County and the City of Charlottesville and open to the general public

Languages: English—Spanish Rider's Guide available

Fee: Trips cost 75¢ for a single ride or \$1.50 for a 24-Hour Pass. Reduced fare options are available for individuals who are 65+ years of age, a veteran, employed by Albemarle County, and/or possess a Medicare Card. Passengers who are eligible for a reduced fare must obtain a Reduced Fare Card from CAT's Downtown Transit Station located at 615 East Water Street. Free rides to individuals under the age of 18.

Transportation (cont.)



Greene County Transit

8261 Spotswood Trail
Stanardsville, VA 22973
434-985-5205

www.greenecountytransit.org

Transportation service for Greene County residents.

Serves: Greene County residents and open to the general public.

Languages: English only

Fee: \$2.50 - \$3.50 per trip

JAUNT

104 Keystone Place
Charlottesville, VA 22902
434-296-3184

<https://ridejaunt.org/aboutus.asp>

Regional transportation system providing service to residents of Charlottesville and the surrounding counties.

Serves: City of Charlottesville and Albemarle, Fluvanna, Louisa, and Nelson Counties—open to the general public.

Languages: English, Spanish

Fee: Varies per trip, certification for discounted rates—Medicaid not accepted.



JAUNT Friends

104 Keystone Place
Charlottesville, VA 22902
434-296-3184

www.ridejaunt.org/jaunt-friends.asp

Supporting JAUNT transportation services and providing fare scholarships to the passengers who need them.

Serves: City of Charlottesville and Albemarle, Fluvanna, Louisa, and Nelson counties

Languages: English, Spanish

Fee: Two fare scholarship programs exist. See the website or call JAUNT for details and to obtain an application.

Medicaid Transportation

1-866-386-8331

www.easyaccess.virginia.gov/transportation.shtml

Non-emergency Medicaid-covered transportation to medical and health care appointments. The call center is open 24 hours a day, seven days a week. Rides are given 24 hours a day, seven days a week.

Serves: Medicaid eligible people living in the City of Charlottesville and Albemarle, Fluvanna, Greene, Louisa, and Nelson counties

Languages: English, Spanish

Fee: Free



Teen Health



Planned Parenthood South Atlantic (PPSAT)

2964 Hydraulic Road
Charlottesville, VA 22901
434-296-1000 x 6643
www.ppsat.org

Teen Connections works with community agencies, faith-based organizations, and schools to connect teens to education programming focused on responsible decision making, healthy body image, STI prevention, pregnancy prevention, anti-bullying, and much more.

Serves: Programs for all ages but primary focus is on youth ages 14-18

Languages: Interpreter service for clients who have limited English proficiency

Fee: Free

UVa Teen and Young Adult Health Center

The Battle Building
University of Virginia Children's Hospital
1204 West Main Street
Charlottesville, VA 22903
434-982-0090
uvateenhealth.com

Total care for teens and young adults includes general health care, immunizations, reproductive health (menstrual disorders, puberty issues and long-acting reversible contraception), transgender care, prenatal/postnatal care, evaluation of mental health concerns, nutrition and weight management counseling including eating disorders, sports physicals.

Serves: Ages 12 to 26

Languages: Translators available for all languages

Fee: Fee for services. All insurances accepted. Sliding scale available upon completion of a UVA patient financial services screening.

Charlottesville Area Transit (CAT)

615 East Water Street
Charlottesville, VA 22902
434-970-3649
www.CatchTheCAT.org

The youth ride program offers free rides to individuals under the age of 18. Children under the age of 13 can ride the bus without the need for special identification. Youths between the ages of 13 and 17 need to visit CAT's Downtown Transit Station (DTS) to obtain a Youth Smart Card. When visiting the station, bring both a legal guardian and a birth certificate or a state ID. Charlottesville City School students may obtain a Youth Smart Card without a legal guardian if they have a valid Charlottesville School ID.

Serves: Ages 13 to 17

Languages: English—Spanish Rider's Guide available

Fee: Free

Jefferson Area Children's Health Improvement Program (CHIP)

1469 Greenbrier Place
Charlottesville, VA 22901
434-964-4700
www.jachip.org

The **Parenteen Program** focuses on CHIP values and helps teen parents finish high school, have a healthy pregnancy, be the best parents they can be, and delay having additional children. Peer lunch groups during the school year and social events throughout the year that focus on supporting teens and their children.

Serves: Teens living in Charlottesville and Albemarle County who are pregnant and parents up to the age of 20 years old.

Languages: English, Spanish, and additional languages with in-person interpretation whenever possible; phone translator service also available

Fee: Free

Free Support Groups



Empty Arms Full Hearts with Sentara Martha Jefferson Hospital (SMJH)

When: Monthly on 3rd Thursday
at 7:00pm

Where: Craig Conference Room
on 4th floor at SMJH Main Hospital

Questions: 434-654-5597

[https://www.sentara.com/
charlottesville-virginia/
classesevents/support-groups/
empty-arms-full-hearts.aspx](https://www.sentara.com/charlottesville-virginia/classesevents/support-groups/empty-arms-full-hearts.aspx)

When a pregnancy ends for any reason or a baby dies shortly after birth, parents experience anger, hopelessness, deep sorrow, and other feelings; you are not alone in your grief. Our desire is to allow you space and time to share with other parents who are going through the same experience.

White Rose Yoga with Sentara Martha Jefferson Hospital (SMJH)

When: Monthly on 2nd Thursday
at 6:00 pm

Where: SMJH Health and
Wellness Center, 590 Peter
Jefferson Parkway, 2nd floor

Questions: [https://
www.sentara.com/charlottesville-
virginia/classesevents/support-
groups/white-rose-yoga.aspx](https://www.sentara.com/charlottesville-virginia/classesevents/support-groups/white-rose-yoga.aspx)
[https://www.facebook.com/
whiteroseyogacville/](https://www.facebook.com/whiteroseyogacville/)

White Rose Yoga gives mothers a safe space to connect following the loss of a baby during pregnancy or shortly after birth. This gentle practice will allow you to move and breathe with other women who are grieving a child.



Birth Circle with Birth Matters Virginia

When: Monthly on 3rd Monday at 7:15pm

Where: Bend Yoga, 420 E Main Street (Downtown Mall)

Questions: <https://www.facebook.com/Birth-Matters-Charlottesville-204091069612235/>

Birth Circle is a safe, supportive space for people who intend to give birth, have given birth, or who are preparing to give birth, and those in the care community that support them. We gather, share birth stories, ask questions and be in community.

Mamas Cafe with Month 10 Doulas

When: Weekly on Tuesday at 12:30 pm

Where: Brazos Tacos, Ix Park, 925 2nd St SE, Charlottesville

Questions: 434-960-7077
<http://www.month10.com/> or
<https://www.facebook.com/Month10Doulas/>

Join us to share the ups and downs of this challenging time. Plan to bring your baby and relax with new friends who understand what being a new mother is all about.

Welcome to Motherhood with Sentara Martha Jefferson Hospital (SMJH)

When: 1st and 3rd Thursdays of the month at 10:30am

Where: SMJH Outpatient Care Center, Morris Community Education Room
595 Martha Jefferson Dr., 3rd Floor

Questions: 434-654-4415
<https://www.sentara.com/charlottesville-virginia/classesevents/support-groups/welcome-to-motherhood.aspx>

Join us to share the ups and downs of this challenging time. Plan to bring your baby and relax with new friends who understand what being a new mother is all about.

Free Support Groups (cont.)



Village Circle with Bright Birthing

When: Monthly on last Sunday, time varies

Where: Location varies, check Facebook or website for location each month.

Questions: <http://www.brightbirthing.com/>
<https://www.facebook.com/BrightBirthing/>

Join us for our monthly gathering to have tea, snacks, and peer support from other parents and doulas.

Breastfeeding support meetings (morning & evening) with La Leche League of Charlottesville

When: Monthly on 2nd Wednesday at 10:00 am

Where: Westminster Presbyterian Church, 400 Rugby Road, Charlottesville

When: Monthly on 1st Monday at 7pm

Where: Bend Yoga, 420 E Main Street (Downtown Mall)

Questions: <http://llcville.blogspot.com/>

La Leche League of Charlottesville offers mother-to-mother support, education and encouragement for breastfeeding mothers and mothers-to-be. All mothers and pregnant women welcome at our meetings or may contact our trained, accredited Leaders for breastfeeding help, information, and support.

Breastfeeding support groups with Breastfeeding Support of Charlottesville

When: Weekly on Wednesday at 11:30 am and Friday at 12:30 pm

Where: Wednesdays – Northside Library, Rio Rd
Fridays – Bend Yoga, 420 E Main St (Downtown Mall)

Questions: <https://www.breastfeedingsupportcharlottesville.com/>

We can help! As three International Board Certified Lactation Consultants (IBCLC) in private practice, we share a common philosophy and passion for helping mothers achieve their breastfeeding goals.

Mothering Circle of Charlottesville with The Women's Initiative

When: Monthly on 4th Wednesday at 7:00-9:00pm

Where: The Women's Initiative main office 1101 E High St, Suite A, Charlottesville

Questions: 434-872-0047
<http://thewomensinitiative.org/groups-social-support/>

Connect with other mothers, support each other, and share your stories in a safe, nurturing environment. Open to all mothers and parenting styles.



Health Departments



The Thomas Jefferson Health District promotes and protects health where you and your family live, work, and play. They provide nutrition education and preventive health services to ensure planned and healthy pregnancies, healthy moms, and healthy babies.

Serves: Each county has their own health department. Services and programs may vary.

Languages: Translation and interpretation services available on request.

Fee: Varies

Charlottesville/Albemarle Health Department

1138 Rose Hill Dr
Charlottesville, VA 22903

434-972-6200
www.TJHD.org

Fluvanna County Health Department

132 Main Street
Palmyra, VA 22963

434-591-1910
www.TJHD.org

Greene County Health Department

50 Stanard Street
Stanardsville, VA 22973

434-985-2262
www.TJHD.org

Louisa County Health Department

540 Industrial Drive
Louisa, VA 23093

540-967-3703
www.TJHD.org

Nelson County Health Department

4038 Thomas Nelson Highway
Arrington, VA 22922

434-263-4297
www.TJHD.org

Departments of Social Services



The departments of social services provide essential needs, promote self-sufficiency, and enhance the quality of life for all residents. They provide economic assistance to eligible people. Services include child welfare, adult protection, and child abuse prevention.

Serves: Each county has their own social services department.

Languages: English and Spanish

Fee: Varies

Charlottesville Department of Social Services

120 7th Street NE
Charlottesville, VA 22903

434-970-3400
www.charlottesville.org

Albemarle County Department of Social Services

1600 5th Street Suite A
Charlottesville, VA 22902

434-972-4010
www.albemarle.org

Fluvanna County Department of Social Services

8880 B James Madison Highway
Fork Union, VA 23055

434-842-8221
www.fluvannacounty.org

Greene County Department of Social Services

10009 Spotswood Trail,
Stanardsville, VA 22973

434-985-5246
www.greenecountyva.gov

Louisa County Department of Social Services

103 McDonald Street
Louisa, VA 23093

540-967-1320
www.louisacounty.com

Nelson County Department of Social Services

203 Front Street
Lovingston, VA 22949

434-263-7160
www.nelsoncounty-va.gov

Information & Referral



March of Dimes

Website only service:

English: www.marchofdimes.org

Spanish: <http://nacersano.marchofdimes.org>

March of Dimes works to end premature birth and other problems that threaten babies. If something goes wrong, they offer information and comfort to families. They research the reasons why babies are born too soon or too sick and work on preventions.

Serves: Everyone

Languages: English, Spanish

Fee: Free

MedlinePlus

Website only service:

English: <https://medlineplus.gov>

Spanish: <https://medlineplus.gov/spanish>

MedlinePlus is the National Institutes of Health's website for patients and their families and friends. It provides reliable, up-to-date information about diseases, conditions, and wellness issues in easy to understand language.

Serves: Everyone

Languages: English, Spanish

Fee: Free

Postpartum Support Virginia

703-829-7152

<http://www.postpartumva.org>

Postpartum Support Virginia provides hope and help to women and their families who are experiencing anxiety, depression, or other perinatal mood and anxiety disorders (PMADs). Website includes information and resources for expectant and new moms/families related to postpartum depression and mental wellness as well as information on support groups and therapists.

Serves: New or expectant mothers and their families.

Languages: English

Fee: Free

Text4baby

Website/text only service:

partners.text4baby.org/index.php

Text4baby promotes maternal and child health through text messaging. Women who text BABY (or BEBE for Spanish) to 511411 receive three free text messages a week, timed to their due date or their baby's birth date, through pregnancy and up until the baby's first birthday.

Serves: Pregnant women and mothers with a child up to one year old.

Languages: English, Spanish

Information & Referral (cont.)



Help Happens Here

434-227-0641

www.HelpHappensHere.org

A website and referral line to provide residents with help recognizing mental health and substance abuse issues and for finding free or affordable services.

Serves: Everyone

Languages: English

Fee: Free

UVA Health System Patient & Family Library

University Hospital
1215 Lee Street
Charlottesville, VA 22908
434-924-3429

<https://www.hsl.virginia.edu/pfl>

*The library is in the hospital main lobby behind the information desk.

The library offers health information, research help, MyChart for online access to medical records, iPads and health related books for use within the medical center, and a quiet place to study, read, or wait.

Serves: The library is open to UVA patients, families, and guests, as well as to the general public

Languages: English, Spanish

Fee: Free

United Way Thomas Jefferson Area Information & Referral Center

806 East High Street
Charlottesville, VA 22902
434-972-1703

[www.unitedwaytja.org/need-help/
information-referral](http://www.unitedwaytja.org/need-help/information-referral)

If you need help and don't know
where to find answers, call the
Information & Referral Center.

Serves: All

Languages: English, Spanish

Fee: Free



To improve pregnancy outcomes in the Thomas Jefferson Health District—including the City of Charlottesville, and Albemarle, Fluvanna, Greene, Louisa, and Nelson counties—the Improving Pregnancy Outcomes (IPO) workgroup strives to:

- increase the number of women who have planned pregnancies.
- increase the number of pregnant women who receive timely and adequate prenatal care.
- focus interventions towards populations most in need.
- promote evidenced-based, community-driven services for mothers, infants, and families.

Visit IPO's Facebook page to learn how to get involved:

www.facebook.com/IPOworkgroup

To add your agency's services to this guide, or for information about IPO, please contact Kathryn Whitestone Goodman at:

Email: Kathryn.Whitestone@vdh.virginia.gov

Phone: 434-972-6244

For specific questions about the services listed in this resource guide, please contact the service provider directly.



Find this Pregnancy and Parenting Resource Guide online at:

www.TJHD.org

Disclaimer: The descriptions of services in this guide came from the agencies and/or individuals providing the service. Inclusion in this guide does not guarantee quality of service nor indicate preference or approval by IPO or any of its members. Please talk directly with providers to learn about their qualifications for providing services and about the type and quality of service offered.

